Grandma's old fashioned

Molasses Recipes

Here's what Alfred W. McCann,
the noted food authority, says about
Grandma's Old-Fashioned Molasses

"Grandma's Unsulphured Molasses" is honestly labeled - there is no stretching of words. It is sold in competition with all kinds of Molasses - some containing as much as 10% of mineral mud. Mineral mud, I consider the best expression for the chemical residue left in the Molasses by-product after the sugar has been taken out. Some of these grades of so-called Molasses literally reek with inert matter, and in many cases, two or three extractions of sugar have been made before the residue is finally sold as Molasses.

"Grandma's Molasses" contains everything that the sugar cane gives up. - All the sweetness, all the mineral salts, all the exquisite flavor.

Let the children have "Grandma's Molasses" as a table sweet on bread. - How good it is on whole wheat bread! - Let them have this tissue-building Molasses in their cookies, wafers, gingerbread, home-made taffies, and other goodies. "Grandma's Molasses" makes them all wonderful!

Alfred W. McCann

One Hundred and Seventy Practical and Tasty Recipes

using

Grandma's Old-fashioned Molasses

GRANDMA'S Molasses is the pure juice of West Indies sugar cane. The cane ripens fully in this ideal climate, producing molasses of unequalled flavor and color. No sugar is removed in the process, and the final product contains only the ingredients of the original cane juice, which makes Grandma's considerably sweeter than ordinary molasses, therefore more economical to use.

Grandma's Molasses contains no sulphur dioxide, preservative, or other foreign substance. It is not a sugar factory by-product and never has a burned, bitter taste.

The delicious natural flavor and rich golden color of Grandma's Molasses give to foods an unusually pleasing flavor and appetizing appearance, which cannot be duplicated when ordinary molasses is used.

Its natural vegetable and mineral properties, fruit sugars, and rich Vitamine B content make Grandma's Molasses a healthful food for all.

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Standard Rules

THE standard measuring cup holds one-half pint and is divided into fourths and thirds.

All measurements for all materials used are level.

To make level measurements fill cup or spoon and scrape off excess with back of knife.

One-half spoon is measured lengthwise of spoon.

Sift flour before measuring.

Where shortening is mentioned in the recipes it is understood that butter or lard or an equivalent quantity of butter substitute or vegetable oil may be used.

Where sour milk is specified and you have none on hand, warm one cup milk, then add either ½ teaspoon vinegar or ¼ teaspoon lactic acid. Allow to cool few minutes before using.

Oven Temperatures

250° –300°	slow
300° –350°	moderate
350° –400°	moderately hot
400° –450°	hot
450° –550°	very hot

Table of Measurements and Weights

3 teaspoons	1 tablespoon
16 tablespoons	1 cup
2 cups	1 pint
2 pints	1 quart
4 cups	1 quart
2 cups granulated sugar	1 pound
4 cups flour	1 pound
2 cups butter	1 pound
2 tablespoons butter	1 ounce
2 tablespoons liquid	1 ounce
4 tablespoons flour	1 ounce
1 square unsweetened chocolate	1 ounce

Breads

THE only essential ingredients in bread-making are flour, yeast and liquid.

The chief difference between quick breads and yeast breads is in the leavening agent. Quick breads are made light by a gas liberated through chemical action, or by the incorporation of air into the batter or dough. The action of these forms of leavening is much more rapid than that of yeast, making it possible to prepare the breads very quickly and easily.

Yeast may be compressed or dry. Compressed yeast is more rapid in its action, but dry yeast will keep indefinitely.

Either water or milk may be used as the liquid. Of course the food value is in direct proportion to the amount of milk used.

Yeast cannot act on the starch in the flour until it has been changed to sugar. A trace of sugar will hasten the yeast action, as the yeast plants must constantly multiply and must have food. Molasses serves this purpose, especially Grandma's because of the large amount of fruit sugar it contains. The yeast develops best at room temperature. Too low a temperature delays the growth of the yeast, stopping the action before the gas is produced. This leaves an acid in the dough, making it sour and heavy due to lack of the gas which makes it porous and light. The yeast action stops on cooking, as oven temperatures kill the yeast plants.

Shortening improves the flavor and makes the dough more tender.

Water Bread

(SLOW PROCESS)

2 cups boiling water
2 level tablespoons lard, butter or shortening
1 level tablespoon sugar
2 level teaspoons salt
1/4 yeast cake dissolved in
1/4 cup lukewarm water
6 cups sifted bread flour

Put butter, lard, sugar and salt in bread raiser or mixing bowl; pour on boiling water, when lukewarm add dissolved yeast cake and flour and stir until thoroughly mixed. When dough is stiff enough to make a smooth ball, turn it on a floured board and knead until smooth and elastic.

Return to bowl, cover closely and let rise in a warm place until double its bulk. When it is ready toss on a slightly-floured board, knead and shape into loaves and biscuits and place in greased pans, cover and let rise again until double its bulk. Bake in a hot oven. Loaves require from 45 to 60 minutes, biscuits from 10 to 20 according to size. This recipe will make a double loaf of bread and pan of biscuits.

Milk and Water Bread

1 cup scalded milk
1 cup boiling water
2 level tablespoons lard, butter or shortening
1 1/2 teaspoons salt
1 yeast cake dissolved in
1/4 cup lukewarm water
6 cups sifted bread flour

Prepare and bake as Water Bread. Bread may be mixed, raised and baked in five hours by using 1 yeast cake.

Bran Bread

2 cups bran
1 cup boiling water
1 level tablespoon shortening
1/3 cup Grandma's Molasses
1 1/2 teaspoons salt
1 yeast cake disssolved in
1/4 cup lukewarm water
4 cups bread flour

Pour boiling water over the bran. Let stand one-half hour, add melted shortening, molasses, salt, yeast and flour. Beat well, let rise, turn into buttered bread pans, rise again and bake one hour.

Entire Wheat Bread

1 cup scalded milk
1 cup boiling water
1/3 cup Grandma's Molasses
1 level tablespoon shortening
2 level teaspoons salt
1 yeast cake dissolved in
1/4 cup lukewarm water
1 cup bread flour and entire wheat flour to make it stiff enough to knead

Add sweetening, salt and shortening to liquids, cool and when lukewarm, add dissolved yeast and flour. Entire wheat should not quite double its bulk during last rising.

Use only Grandma's Molasses for Best Results

Breads and Quick Breads

Graham Bread No. 1

2 1/2 cups water, or milk and water
1/3 cup Grandma's Molasses
1 1/2 teaspoons salt
1/4 yeast cake dissolved in
1/4 cup lukewarm water
3 cups bread flour
3 cups graham flour

Prepare and bake as Entire Wheat Bread.

Rolled Oats Bread

2 cups rolled oats
2 cups boiling water
2 cups scalded milk
1 cup Grandma's Molasses
1 level tablespoon shortening
2 level teaspoons salt
1/2 yeast cake dissolved in
1/4 cup lukewarm water
Bread flour to make a soft dough

Pour boiling water over rolled oats, add milk, shortening and salt. Let cool to lukewarm, add molasses, yeast and enough flour to make a soft dough. Let rise until double in bulk. Shape into loaves, let rise and bake.

Shredded Wheat Bread

6 shredded wheat biscuits
2 cups boiling water
2 cups scalded milk
1/2 cup Grandma's Molasses
2 level tablespoons shortening
1 level tablespoon salt
1 yeast cake dissolved in
1/4 cup lukewarm water
Bread flour to make a stiff dough

Pour boiling water over biscuits which have been broken. Let stand until lukewarm, add molasses, salt and shortening and yeast cake. Add bread flour to make a stiff dough, about 6 cups. Let rise and shape as white bread. Half white and half entire wheat flour may be used.

Third Bread

2 cups lukewarm water
1 yeast cake
1/2 tablespoon salt
1/2 cup Grandma's Molasses
1 cup rye flour
1 cup granulated corn meal
3 cups bread flour

Dissolve yeast cake in water, add remaining ingredients and mix thoroughly. Let rise and shape and bake as Entire Wheat Bread.

Quick Breads

The time factor determines the division of breads into two classes, and this is determined by the type of leavening agent. Quick breads are made porous by the same gas, carbon dioxide, which is generated by the yeast plant, but here it is produced by chemical action in a substance called baking powder.

There are three types of baking powder — cream of tartar, phosphate, and alum. In each instance these react with another compound, usually soda, to give carbon dioxide. So that the same amount may be used, whatever the powder selected, corn starch is added, so that equal amounts of baking powder (i.e., one or two teaspoons) will generate equal amounts of gas. The starch also protects the chemicals from taking on moisture from the air, which would make them give off the gas while still in the package. Starch, used for this same purpose, keeps table salt dry in moist weather.

This fact also shows why all the dry ingredients for hot bread may be mixed the night before, so as to save time in the morning. If the liquid were also added, the gas would escape before cooking, making the product tough and sour.

Soda may be used directly with cream of tartar. Formerly this was much done. Soda should always be kept on the shelf, as it is necessary when using sour milk, acid fruits, etc. Molasses also requires its use. The general rule for molasses is half a teaspoon of soda to each cup of molasses. One-half this amount is sufficient with Grandma's Molasses, because it has not fermented and no sulphur compounds have been added to bleach or preserve it. But all molasses is somewhat acid, due to the reaction between the mineral salts and the sugar. This gives an acid just as described above for baking powder.

Air may be used as the leavening agent and is beaten into the dough as in the

Southern Biscuits or by adding the stiffly beaten whites of eggs.

The proportion of liquid to flour in these breads depends upon the method of cooking. Those which are to be baked must be firmer, especially if made into biscuits, etc. Here about 3 cups of flour may be used to 1 cup of liquid, but flours differ somewhat in this respect. Muffins and drop cakes require 1½ to 2 cups of flour to each cup of liquid.

Molasses Raisin Bread

3 cups bread flour
3 level teaspoons baking powder
1 cup raisins
3/4 cup Grandma's Molasses
1/4 cup sugar
2 cups water
1/2 teaspoon salt

Put raisins, molasses and water into saucepan and simmer about three minutes. When cool, add the sifted dry ingredients. Bake in moderate oven.

Nut Bread

2 cups graham flour
1 cup bread flour
1 level teaspoon salt
1 level teaspoon soda
1 cup milk
1 cup Grandma's Molasses
1 cup chopped walnut meats

Mix dry ingredients, add molasses, milk, nuts. Bake in moderate oven 45 minutes.

Nut and Raisin Bread

1 1/2 cups bread flour
2 cups graham flour
1/2 cup corn meal
1/2 cup brown sugar
1 level teaspoon salt
4 level teaspoons baking powder
3/4 cup chopped nuts
1 cup chopped raisins
2 cups milk
1/2 cup Grandma's Molasses
1/4 teaspoon soda

Mix and sift dry ingredients, add nuts and raisins. Add milk and mix well. Add molasses and soda which have been mixed together. Bake in moderate oven.

Graham Bread No. 2

2 cups graham flour
2 cups bread flour
1 cup Grandma's Molasses
2 cups sour milk
1 level teaspoon salt
1 1/2 teaspoons soda
2 tablespoons melted shortening

Mix molasses, sour milk, soda and salt, then graham flour and bread flour. Mix well. Bake in moderate oven one hour. One cup raisins may be added.

Boston Brown Bread

1 cup corn meal
2 1/2 cups rye meal
1 level teaspoon salt
1 level teaspoon soda
1 cup Grandma's Molasses
2 cups hot water

Mix dry ingredients, add water to molasses and pour into dry ingredients, stir until smooth. Pour into greased moulds two-thirds full. Steam 3½ hours. Remove from moulds and dry off in oven for ten minutes. One-half cup raisins may be added.

Steamed Brown Bread

1 cup corn meal
1 cup boiling water
2/3 cup Grandma's Molasses
1 cup sour milk
1 level teaspoon soda
1 level teaspoon salt
1 cup bread flour
1/2 cup graham flour
1/2 cup raisins

Pour boiling water over corn meal, stir well and let cool. Add molasses, sour milk, flour sifted with salt and soda, graham flour and raisins. Steam in well greased mould two-thirds full, three hours. Four one-pound baking powder cans may be used and steam one hour.

Steamed Entire Wheat Bread

2 cups entire wheat flour
1/2 cup sugar
1/2 cup Grandma's Molasses
1 egg
1 cup sour milk
1 level teaspoon soda
1 level teaspoon salt
1 cup raisins

Beat egg, add molasses and sugar, sour milk and rest of ingredients. Steam two hours.

Muffins and Griddle Cakes

Bran Muffins No. 1

2 cups bread flour
1 level teaspoon soda
1 level teaspoon salt
1 1/2 cups bran
1/2 cup Grandma's Molasses
1 1/4 cups milk
2 tablespoons melted shortening

Mix and sift flour, soda, and salt. Add bran (not sifted), then molasses, milk and shortening. Beat well and bake in muffin tins in hot oven.

Corn Cake Muffins

1 cup corn meal
3/4 cup bread flour
3 1/2 teaspoons baking powder
1 level teaspoon salt
1/4 cup Grandma's Molasses
3/4 cup milk
1 egg
2 tablespoons melted shortening

Sift dry ingredients, add well beaten egg, molasses, milk and melted shortening. Bake as muffins or in shallow pan for twenty minutes in hot oven.

Bran Muffins No. 2

1 cup bread flour
1 teaspoon soda
1 teaspoon salt
2 cups bran
1 1/4 cups milk
1/2 cup Grandma's Molasses
1 egg

Mix dry ingredients. Beat egg, add milk and molasses to dry ingredients. Put in well-greased muffin tin. Bake 25 minutes in moderate oven. Makes 12 muffins.

Currant Bran Muffins

1 cup bread flour
1/2 cup corn meal
3 level teaspoons baking powder
1/2 teaspoon salt
1 cup bran
1/2 cup Grandma's Molasses
1/2 cup currants
3/4 cup milk
1 egg
2 tablespoons melted shortening

Mix and sift flour, corn meal, baking powder and salt. Add bran and mix well. Add molasses, currants, shortening, milk and egg well beaten. Bake in greased muffin pans in moderate oven.

Graham Muffins

1 cup graham flour or entire wheat
1 cup bread flour
3/4 teaspoon salt
4 level teaspoons baking powder
1 cup milk
1 egg
2 tablespoons Grandma's Molasses
3 tablespoons shortening

Mix and sift dry ingredients, beat egg, add milk, molasses and melted shortening. Bake in greased muffin pans in hot oven.

Molasses Corn Muffins

1 1/2 cups bread flour
3/4 cup corn meal
3/4 teaspoon soda
1 level teaspoon baking powder
1/2 teaspoon salt
1/4 cup Grandma's Molasses
1 cup sour milk
1 egg
2 tablespoons melted shortening

Mix and sift dry ingredients, add molasses, milk, beaten egg and shortening. Beat well, pour into greased muffin pans. Bake in hot oven.

Rye Muffins

1 cup rye meal
1 cup bread flour
1 cup milk
1 egg
3 tablespoons Grandma's Molasses
2 level teaspoons baking powder
1/2 teaspoon salt
2 tablespoons shortening

Mix and sift dry ingredients, beat egg, add milk and molasses and melted shortening. Bake in hot greased muffin pans in hot oven.

Griddle Cakes and Waffles

Temperature of the griddle, 225° F.; or just hot enough to have drops of water hold their shape a few seconds. If too hot, they evaporate at once. If too cold, they spread out at once. Waffle irons may be tested in the same manner.

Pans (except aluminum) should be greased before each addition of batter. Aluminum pans do not require greasing.

Grandma's Molasses serves as a wholesome and appetizing syrup.

Use only Grandma's Molasses for Best Results

Griddle Cakes and Waffles

Buckwheat Griddle Cakes

2 cups buckwheat flour
1 cup pastry flour
6 level teaspoons baking powder
1 1/2 teaspoons salt
2 1/2 cups milk or milk and water
1 tablespoon Grandma's Molasses
1 tablespoon shortening

Sift together flour, baking powder, and salt. Melt shortening and add with milk and molasses. Beat three minutes. Bake on hot greased griddle. Serve with Grandma's Molasses.

Southern Buckwheat Cakes

1 quart buckwheat flour
4 tablespoons yeast or 1 yeast cake
1 teaspoon salt
1 tablespoon Grandma's Molasses
water to make thin batter

Mix and stand over night in a warm place. Add a little soda if sour on using. Serve with molasses syrup.

Corn Meal Griddle Cakes

1 1/3 cups corn meal
1 1/2 cups boiling water
1 tablespoon shortening
3/4 cup milk
1 tablespoon Grandma's Molasses
2/3 cup pastry flour
1 level teaspoon salt
4 level teaspoons baking powder

Scald corn meal with boiling water, add shortening, milk and molasses. Add flour, salt and baking powder which have been sifted together. Mix well and bake on hot, slightly greased griddle, turning only once. Serve with Grandma's Molasses.

Sweet Milk Griddle Cakes

2 cups pastry flour
4 level teaspoons baking powder
1/2 teaspoon salt
2 level teaspoons melted butter
1 teaspoon Grandma's Molasses
2 cups milk
2 eggs

Sift dry ingredients. Beat egg, add to it molasses, milk, and melted butter then stir into the dry ingredients. Beat well and bake on hot, slightly greased griddle. Never turn the cakes until top is full of bubbles and turn only once. Serve with Grandma's molasses.

Entire Wheat Griddle Cakes

2 cups entire wheat flour
4 level teaspoons baking powder
1/2 teaspoon salt
1 3/4 cups milk
1 tablespoon Grandma's Molasses
1 tablespoon melted shortening
2 eggs

Sift together flour, baking powder and salt, add milk, molasses and shortening to beaten egg, and add to dry ingredients. Mix well and bake on a hot, slightly greased griddle. Serve with Grandma's Molasses.

Waffles

1 1/2 cups pastry flour
1/2 teaspoon salt
3 level teaspoons baking powder
1 teaspoon Grandma's Molasses
1 egg, well beaten
1 cup milk
3 tablespoons shortening

Beat egg, add milk, melted shortening. Mix and sift dry ingredients. Add to first mixture and cook in hot, well greased waffle iron. Serve with Grandma's Molasses.

A waffle iron should be well heated on both sides, greased thoroughly before iron is filled. In filling, put a tablespoon of batter in each compartment near the center of iron and cover. The batter will spread to just fill the iron. In using new iron special care must be taken in greasing or waffles will stick.

Grandma's Molasses Waffles

1 cup Grandma's Molasses
1/3 cup butter or margarine
1 1/2 teaspoons soda
1/2 cup sour milk
1 egg, well beaten
2 cups bread flour
2 teaspoons ginger
1/2 teaspoon salt

Put the butter and molasses in a saucepan and bring to a boil. Remove from the heat and beat in the soda. Add the egg, the milk, and the dry ingredients, sifted together three times. Beat well and bake about three minutes on a hot iron. These are supreme, hot from the iron with whipped cream over them and a cherry for color on top of that. Vanilla ice cream may be used instead of the whipped cream.

Use only Grandma's Molasses for Best Results

Miscellaneous

Meats

The preparation of any meat in such a way as to emphasize its good points is a work of art for the home maker. It requires not only a knowledge of underlying principles, but great care in applying them as well.

Salted meats, which are fatty, improve with spicing and cooking in milk sweetened with a good grade of molasses. Grandma's is excellent for this purpose, as its high sweetening power gives the desired flavor without the usual danger of burning due to too much sugar. Burning of sugar always gives a bitter taste, most undesirable in meats.

These same facts apply in the preparation of tasty baked beans. Long cooking at a fairly high temperature is apt to burn the sugar unless care is observed.

Boston Baked Beans

1 quart beans
1/2 pound salt pork
2 level teaspoons salt
1/2 teaspoon mustard
1/2 teaspoon soda
4 tablespoons Grandma's Molasses

Wash and soak beans over night, in morning parboil until skins crack. Pour off water, put half in bean pot. Wash pork and place in center. Add remainder of beans, salt, soda, mustard and molasses, and 4 cups of water. Cover and put in slow oven and bake 8 hours.

Baked Beans

1 quart beans
1/2 teaspoon soda
1/2 pound salt pork
4 tablespoons Grandma's Molasses
2 level tablespoons sugar
2 level teaspoons salt
1/2 teaspoon mustard

Wash beans, cover with cold water, add soda and parboil until skins crack. Pour off water, put into bean pot, place pork in center, add molasses, sugar, salt and mustard. Pour hot water over beans to cover. Cook in slow oven 8 hours. Add a little hot water as beans become dry.

Parsnips in Grandma's Molasses

Pare and cut parsnips in round or lengthwise slices. Boil gently in salted water until nearly tender. Drain off the water and cover with Grandma's Molasses. Let simmer until ready to serve.

Smoked Shoulder

Put a 5-pound shoulder in a pan of cold water. Let it soak an hour. Remove to a kettle, cover with cold water, and add ½ cup of Grandma's Molasses. Boil until tender. Remove from the kettle, remove the outer skin, and score the fat. Mix 1 tablespoon brown sugar, 1 teaspoon dry mustard, ¼ teaspoon black pepper, ¼ teaspoon salt, and ½ teaspoon flour. Wet with vinegar to make a paste. Spread over the top of the shoulder, put in oven to brown. Serve with slices of pineapple.

Baked Ham (Southern Style)

Use ham of the variety that does not need soaking. Wash and remove skin. Place in roasting pan and bake at rate of ½ hour to each pound at 350° F. Baste with ¾ cup Grandma's Molasses diluted with ¾ cup water, in which is mixed the following:

1 teaspoon ground clove
1/2 teaspoon mustard
1 tablespoon vinegar

One-half hour before removing from oven score fat side, sprinkle with crumbs, then brown nicely.

The above amount of ingredients for basting is sufficient for a 12-pound ham and same may be reduced proportionately when a smaller ham is used.

Crullers, Doughnuts and Fritters

This group requires deep fat for frying. It should be very hot — temperature 375° F.— nearly fuming, or fat will be absorbed. If too hot the outside will brown too rapidly.

Cold dough can be handled more easily, but only a few pieces should be added at a time, as they cool the fat.

The texture and flavor are much benefited by the presence of molasses.

Doughnuts and Drop Cakes

Sour Milk Molasses Doughnuts

1 cup Grandma's Molasses
1 cup sour milk
1 egg
1 teaspoon melted shortening
1 level teaspoon each ginger, salt and soda
pastry flour enough to roll

Beat egg, add molasses and milk. Mix and sift dry ingredients, using enough flour to make stiff enough to roll. Fry in deep fat. Drain and dust while hot with sugar. To do this, put sugar in a paper bag and toss doughnuts about in it until covered. Doughnuts reheated in the oven and covered with a mixture of cinnamon and sugar are delicious for dessert with cream cheese and coffee.

Original Molasses Doughnuts

1 1/2 cups sugar
1 egg
1 1/2 cups corn meal
1/4 cup Grandma's Molasses
2 cups milk
1 level tablespoon salt
4 level teaspoons baking powder
2 tablespoons melted lard

Beat egg, add molasses and milk and melted lard. Add dry ingredients, using pastry flour to make stiff enough to roll, and fry in deep fat.

Molasses Doughnuts

1 egg
1/2 cup sugar
1/2 cup Grandma's Molasses
little salt, cassia, and ginger
1/2 cup sweet milk
1/2 cup thick sour milk with 1 even teaspoon soda

Flour to roll easily but not too stiff a dough. These will not soak fat if fat is right temperature. It should just begin to smoke.

Sugarless Doughnuts

2/3 cup Grandma's Molasses
1 egg
1/2 teaspoon soda
2/3 cup sweet milk
1/2 teaspoon salt
1/2 teaspoon nutmeg
1/4 teaspoon baking powder
pastry flour

Beat egg, add molasses and milk. Mix and sift dry ingredients, using pastry flour to make stiff enough to roll. Fry in deep fat.

Rye Drop Cakes

2/3 cup rye meal
2/3 cup pastry flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons Grandma's Molasses
1/2 cup milk
1 egg

Mix and sift dry ingredients, add milk, molasses and beaten egg. Drop by spoonfuls in deep fat. Fry until light brown.

Fried Drop Cakes

1 1/3 cups pastry flour
2 1/2 teaspoons baking powder
1/4 teaspoon salt
1/3 cup sugar
1/2 cup milk
1 egg
1 teaspoon melted butter

Beat egg until light, add milk and butter. Add dry ingredients, mixed and sifted. Drop by spoonfuls in deep fat, turning until brown. Serve with Grandma's Molasses.

Cake, Cookies and Gingerbread

There are two kinds of cake — 1. Cake containing fat of some kind; 2. Sponge cake, which contains no fat.

Varieties are obtained by varying the type and proportion of ingredients.

Pastry flour is used because the larger amount of starch makes lighter and more tender cakes than bread flour. There are special varieties of flour for cakes alone.

Mixing is an important factor in cake-making. The shortening should be creamed until very soft, and the sugar added gradually. Keep the whole mass light and fluffy. Beat eggs thoroughly before adding, and beat the batter briskly after adding flour.

With sponge cake, blend carefully the egg yolks, flour and sugar. Beat the egg whites stiffly, and fold in so as to lose as little as possible of the air which they hold.

Gingerbread and Cookies

Temperature should vary with the nature of the batter. A very rich cake requires a slower oven. A cake containing molasses tends to burn easily, therefore should be baked more slowly. A loaf should be baked at a lower temperature than a thin sheet. Sponge and angel cakes require a very moderate oven.

Any recipes calling for 1 cup sugar and 1 cup ordinary molasses require only ⅔ cup of Grandma's Molasses, as Grandma's is much sweeter than ordinary molasses. Those calling for ½ cup sugar and ½ cup ordinary molasses require only ⅓ cup Grandma's.

Everyday Gingerbread

1 cup Grandma's Molasses
1/2 cup boiling water
2 cups pastry flour
1 level teaspoon ginger
1 level teaspoon soda
1/2 teaspoon salt
4 tablespoons shortening

Mix and sift dry ingredients, add water and melted shortening to molasses. Pour into dry ingredients, mix thoroughly. Bake in moderate oven. Boiling water makes a moist gingerbread, and cold water a dry one.

Eggless Gingerbread

1 cup Grandma's Molasses
1 cup sour milk
4 tablespoons shortening, melted
2 1/2 cups pastry flour
1 1/2 teaspoons soda
1/2 teaspoon salt
1 level teaspoon ginger

Mix liquids, mix and sift dry ingredients. Combine mixtures. Bake in muffin tins or in a loaf, in moderate oven.

Variations — Add 2 teaspoons caraway seed or 2 tablespoons finely cut orange peel or 2 tablespoons candied ginger root, or ½ cup of raisins or currants or ½ cup of drained, pitted and finely cut up cooked prunes, or add to flour mixture 3 tablespoons of cocoa. Serve plain or hot with butter or with apple sauce or whipped cream or with marshmallow cream.

Sour Milk Gingerbread

2 1/4 cups pastry flour
1/2 cup sugar
2 level teaspoons ginger
1 level teaspoon cinnamon
1 egg
1 cup Grandma's Molasses
1 cup sour milk
3 tablespoons shortening
1 1/2 teaspoons soda
1/2 teaspoon salt

Mix and sift dry ingredients. Mix wet ingredients and add well beaten egg. Mix and beat thoroughly. Bake in greased muffin tins or a shallow pan in moderate oven.

Soft Gingerbread

1 egg
1/4 cup sugar
1/2 cup Grandma's Molasses
1 1/2 cups pastry flour
1 level teaspoon soda
1 level teaspoon ginger
1/2 teaspoon salt
1/2 cup warm water
2 tablespoons shortening

Beat egg until light, add sugar and molasses and beat. Mix and sift dry ingredients, add alternately with shortening melted in warm water. Beat well and bake in moderate oven.

Molasses Cookies

1 cup Grandma's Molasses
1 level teaspoon soda
1 level teaspoon salt
1 level teaspoon ginger
1 tablespoon hot water
1/2 teaspoon vanilla
4 tablespoons shortening

Sift the soda, salt and ginger into the molasses. Add the water and shortening and pastry flour enough to make dough to handle. Roll mixture out on floured board, cut with floured cutter and bake in moderate oven.

Soft Molasses Cookies

1 cup Grandma's Molasses
1 3/4 teaspoons soda
1 cup sour milk
1/2 cup melted shortening
4 cups pastry flour
1 level teaspoon ginger
1 level teaspoon salt

Add soda to molasses and mix well. Add milk and shortening, mix and sift flour, ginger and salt. Add to first mixture.

Use only Grandma's Molasses for Best Results

Chill thoroughly, roll lightly, rather thick, cut with floured round cutter and bake in moderate oven.

Coffee Snaps

1/2 cup Grandma's Molasses
1/2 cup sugar
1/2 cup shortening
1/2 teaspoon salt
1 level teaspoon soda dissolved in
1/2 cup strong coffee
1 level teaspoon ginger

Cream shortening, add sugar, molasses and coffee. Add dry ingredients sifted, using enough pastry flour to roll. Bake in quick oven.

Molasses Raisin Cookies

1/2 cup shortening
1 cup Grandma's Molasses
1/2 cup chopped raisins
1/4 cup milk
3 cups pastry flour
1 level teaspoon soda
1/2 teaspoon salt
1/2 teaspoon each of cinnamon, cloves and nutmeg

Cream shortening, add molasses, raisins and milk. Mix and sift dry ingredients and add to first mixture. Roll rather thick and bake in moderate oven.

Prize Ginger Cookies

1 cup shortening
1 cup sugar
1 cup Grandma's Molasses
2 eggs
1/2 cup hot water
2 level teaspoons ginger
1 level teaspoon cloves
1 level teaspoon cinnamon
2 level teaspoons soda
1 level teaspoon salt

Cream sugar and shortening, add beaten eggs, molasses and hot water. Sift spices, soda, salt with flour. Use pastry flour to make a stiff dough. Roll thin and bake in hot oven.

Molasses Nut Bars

1/2 cup shortening
1/4 cup boiling water
1/2 cup brown sugar
1/2 cup Grandma's Molasses
1 level teaspoon soda
3 cups pastry flour
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1 level teaspoon salt
1/2 cup chopped walnuts

Pour boiling water over shortening, add brown sugar, molasses mixed with soda, flour, spices, salt and nuts. Chill thoroughly, roll rather thick, cut in strips two inches long by one inch wide. Sprinkle with nut meats and bake in hot oven.

Ginger Snaps

1 cup Grandma's Molasses
3 1/4 cups pastry flour
1 level teaspoon ginger
1/2 teaspoon soda
1 1/2 teaspoons salt
1/2 cup shortening

Heat molasses to boiling point and pour over shortening. Add dry ingredients mixed and sifted. Chill thoroughly. Toss one-fourth of mixture on floured board and roll as thinly as possible and cut out with small round cutter. Keep the rest of the dough cold so as not to add more flour, as the cookies will be hard and not crisp. Bake on a buttered sheet in a moderate oven. Instead of rolling out, the dough may be formed into a long, narrow roll, chilled and cut into thin slices.

Spice Cookies

1/2 cup Grandma's Molasses
1/4 cup sugar
1 1/2 tablespoons butter
1 1/2 tablespoons shortening
1 tablespoon milk
2 cups pastry flour
1/2 teaspoon soda
1/2 teaspoon salt
1/2 teaspoon each of cloves, cinnamon and nutmeg

Heat molasses to boiling point, add sugar, shortening and milk. Mix and sift dry ingredients and add to first mixture. Chill thoroughly and proceed as in ginger snaps. Bake in moderate oven.

Molasses Wafers

1 cup Grandma's Molasses
1/2 cup shortening
3 cups bread flour
1/2 teaspoon soda
1/2 teaspoon salt

Let molasses and shortening come to a boil. Take from fire and immediately add sifted dry ingredients. Roll out a small amount of the mixture at a time on floured board, as thin as possible. Bake in moderate oven.

Cookies and Cake

Molasses Drop Cookies

1 egg
1 cup milk
1 cup Grandma's Molasses
4 cups pastry flour
1 tablespoon shortening
2 level teaspoons soda
1 level teaspoon ginger
1/2 teaspoon salt

Cream shortening, add egg well beaten, and molasses. Sift dry ingredients, add alternately with milk to first mixture. Drop on buttered pan one teaspoon to each cookie. Bake in moderate oven.

Coffee Spice Cake

1/2 cup sugar
1/2 cup Grandma's Molasses
1/4 cup butter
2 cups pastry flour
1/2 teaspoon each of cinnamon, cloves, allspice and salt
1 level teaspoon soda
1 egg
1 cup raisin
1/2 cup cold coffee

Cream butter, add sugar, molasses and beaten egg. Mix and sift dry ingredients, and add coffee and dry ingredients alternately. Add raisins last. Bake in moderate oven. May be made in layers and put together with chocolate or nut frosting.

Blueberry Cake

1 cup Grandma's Molasses
1/2 cup boiling water
2 1/2 cups pastry flour
1 level teaspoon soda
1/2 teaspoon salt
4 tablespoons shortening
1 cup blueberries

Mix and sift dry ingredients, reserving ½ cup flour to mix with blueberries. Add water and melted shortening to molasses. Pour into dry ingredients, mix well, add blueberries last and bake in shallow pan in moderate oven.

Brownies

1/2 cup butter
1/3 cup powdered sugar
1/3 cup Grandma's Molasses
1 egg, well beaten
7/8 cup bread flour
1/2 teaspoon salt
1 cup walnuts, cut in pieces

Mix ingredients in order given, bake in small, shallow, fancy cake tins. Garnish top of each cake with a half a nut. Bake in hot oven.

Cocoanut Cup Cakes

1 egg
1/2 cup sugar
1/4 cup Grandma's Molasses
1/2 cup water
1/4 cup shortening, melted
1 3/4 cups pastry flour
1/2 teaspoon soda
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon ginger
1/8 teaspoon cloves
1/2 cup cocoanut

Beat egg, add sugar, molasses, water and melted shortening. Sift flour, soda, salt and spices. Add cocoanut. Put in greased muffin pans and sprinkle with cocoanut. Bake in hot oven.

Dark Fruit Cake

1/2 cup shortening
1 cup sugar
1/3 cup Grandma's Molasses
1 egg
1 cup sour milk
2 1/2 cup pastry flour
1 level teaspoon soda
1/2 teaspoon each of cinnamon, cloves, nutmeg and salt
1 cup chopped raisins

Cream shortening, add sugar, molasses, sour milk and beaten egg. Sift flour, soda, salt and spices. Add raisins last, and bake in moderate oven.

Fruit Cake

1/2 cup butter
3/4 cup brown sugar
2 eggs
1/2 cup Grandma's Molasses
1/2 teaspoon soda
1/2 cup milk
2 cups pastry flour
1/2 teaspoon each of salt, cinnamon, and cloves
1 cup chopped raisins
1/2 cup citron cut in thin strips

Cream butter, add sugar and beaten eggs. Mix soda with molasses until it foams, add to first mixture. Sift flour and spices, add alternately with milk. Add 2 tablespoons of flour to raisins and citron, mix well and add last. Bake in moderate oven.

Use only Grandma's Molasses for Best Results

Gingerbread, Cookies and Cake

Soft Molasses Cake

1/2 cup shortening
2/3 cup brown sugar
1 egg
1/2 cup Grandma's Molasses
2 cups pastry flour
3 level teaspoons baking powder
1/2 teaspoon each of salt, allspice and cinnamon
2/3 cup milk

Cream shortening, add sugar slowly, beating well, add beaten egg and molasses. Add one-half flour, baking powder, salt and spices which have been sifted. Add milk, and remainder of dry ingredients. Mix well. Bake in greased, shallow pan in moderate oven. Serve hot.

German Pepper Nuts

1 cup strained honey
1 cup Grandma's Molasses
1/2 cup shortening
1/2 tablespoon lemon juice
3/4 cup brown sugar
2 ounces shredded citron
1/2 tablespoon grated yellow rind of lemon
2 ounces chopped almonds
4 1/2 cups flour
1 teaspoon soda
1 1/2 teaspoons cinnamon
1/4 teaspoon cloves
1/2 teaspoon salt

Warm the honey and molasses. Add the shortening and lemon juice. Add sugar, fruit, rind, and almonds, and flour sifted with soda, spices, and salt. Roll in little balls. Flatten to ¼ inch thick and place on cookie sheet. Brush with egg and bake in moderate oven, 350° F.

Muster Gingerbread Cookies

1 cup Grandma's Molasses
1 cup sugar
1 cup shortening
1 cup sour milk
2 teaspoons soda
2 teaspoons salt
2 teaspoons ginger
flour enough to roll

Roll like a thick cookie and cut in oblong strips. Bake in oiled pans in oven 350° F. Do not put the strips too close together.

Soft Molasses Kiddy Cookies

1/2 cup melted shortening
1 cup light brown sugar
1 cup Grandma's Molasses
1 cup sour milk
2 teaspoons ginger
1 teaspoon salt
1 3/4 teaspoons soda
flour to make dough soft

To shortening add sugar, molasses and sour milk. Beat well. Mix ginger, salt and soda with a little flour. Add flour enough to make a very soft dough. Chill thoroughly. Roll out to ¼ inch thickness. Cut and bake on an oiled sheet at 350° F. This dough adapts itself to making gingerbread men and animal cookies.

Twelve Pound Fruit Cake

1/2 pound butter
1 pound rolled and sifted brown sugar
12 eggs
2 cups Grandma's Molasses
1 pound bread flour
1/2 tablespoon cinnamon
1 teaspoon cloves
1/2 teaspoon mace
1 teaspoon soda
1 teaspoon salt
2 1/2 pounds seeded raisins
1 1/2 pounds seedless raisins
1 pound shredded citron
1/2 pound candied cherries
1/4 pound candied orange peel
1/4 pound candied lemon peel

Cream butter, add sugar gradually, add beaten egg yolks, add molasses, flour mixed and sifted with spices, salt and soda. Fold in egg whites, adding fruit last (except citron). Fill pans, adding citron in layers. Makes three large loaves. Bake three hours at 300° F.

Cheese Gingerbread

1 cup Grandma's Molasses
1/3 cup minced cheese
1/2 cup water
2 cups flour or barley flour
1/2 teaspoon salt
1 teaspoon soda
1/2 teaspoon ginger

Heat the molasses and cheese in a double boiler. When the cheese is melted, remove from the fire. Add other ingredients. Bake fifteen minutes in muffin tins.

Use only Grandma's Molasses for Best Results

Gingerbread and Desserts

Peanut Gingerbread

1 egg
1/2 cup shortening
1/2 cup brown sugar
3/4 cup Grandma's Molasses
2 cups flour
2 teaspoons baking powder
1/2 teaspoon each ginger and cinnamon
1/4 teaspoon salt
1 cup sweet milk
1 cup ground peanuts

Beat egg well with shortening, brown sugar and molasses and spices, add milk and flour (baking powder and salt sifted into the flour) and peanuts last. Sprinkle top with peanuts. Bake 20 minutes in hot oven. If this is liked more zippy, add another ¼ teaspoon ginger.

Plantation Gingerbread

1 3/4 cups flour
1 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
1 egg
1/2 cup Grandma's Molasses
1/2 cup sour milk
1/4 cup melted shortening

Mix and sift dry ingredients. Stir in unbeaten egg, molasses and sour milk mixed. Add melted shortening. Stir to mix well. Bake 45 minutes at 350° F. in oiled, shallow pan or in cup cakes 20 minutes. Prune juice may be substituted for sour milk.

Gingerbread and Apple Sauce

Bake gingerbread in a ring mould and invert on a round platter. Fill center with thick, spiced apple sauce and top with whipped cream. Sliced bananas may be used in place of apple sauce.

Gingerbread Sandwiches

12 slices of gingerbread
1 cream cheese
4 tablespoons thick cream
4 tablespoons chopped pecan meats
pinch salt

Mash cheese with a fork. Beat in cream, add nutmeats and salt and spread thickly between two slices of gingerbread. Serve as a tea accompaniment or a luncheon dessert.

Stage Planks

1 cup Grandma's Molasses
1/2 cup lard
Heat to boiling and beat ten minutes.
Add:
1 teaspoon of soda dissolved in 2 tablespoons of water
1 teaspoon salt
about 2½ cups flour (enough to make a stiff batter) and beat vigorously.

Bake in shallow pans in oven 375° F. for 15 minutes. Stage Planks were sold by the darkies in New Orleans in the old Creole days.

Desserts

Grandma's Molasses Toast

This is something new which makes one of the nicest and most wholesome desserts. Take slices of bread (stale preferable) and soak in just enough Grandma's Molasses to coat each side. Do not have it mushy. Fry in butter, just enough to take off the raw taste. Serve hot with whipped cream, sweetened and flavored with vanilla.

Apple Pan Dowdy

5 apples, sliced
1/4 cup sugar
1/4 cup Grandma's Molasses
1/2 teaspoon of cinnamon, nutmeg and salt
1/2 cup hot water

Wash, pare, core and slice apples. Add sugar, molasses, spices, salt and hot water. Place in pudding dish, on back of range and let simmer until soft. Prepare dough made of the following:

1 cup bread flour
2 level teaspoons baking powder
1/4 teaspoon salt
2 tablespoons shortening
about three-fourths cup milk or milk and water

Sift dry ingredients. Rub in shortening, add milk. Put on apple mixture and cook in moderate oven. Serve with hard sauce.

Baked Apples

6 apples
2 level tablespoons sugar
2 tablespoons Grandma's Molasses
2 tablespoons raisins, chopped
2 tablespoons walnuts, chopped

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Core apples, fill cavities with mixture. Pour one-half cup of hot water over the apples and bake in hot oven until soft. Serve with whipped cream.

Baked Pears

12 pears
2 level tablespoons sugar
2 tablespoons Grandma's Molasses
1/2 cup hot water

Wipe, quarter and core pears. Put into deep pudding dish. Add sugar, molasses and hot water. Cover and cook two or three hours in slow oven. Small pears may be baked whole. Seckel pears are delicious when baked.

Bread Pudding

2 cups soft bread crumbs
2 tablespoons butter
4 cups scalded milk
1/2 cup Grandma's Molasses
2 eggs
1 level teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon salt

Break bread from center of loaf into small pieces. Add butter, pour over scalded milk, let stand one-half hour. Beat eggs, add molasses, salt and spices. Bake in moderate oven until firm. One cup raisins may be added. Serve with hard sauce. The crusts should be dried, put through a food chopper and used for crumbs.

English Bread Pudding

1/2 small loaf of bread
2 cups milk
1 tablespoon butter
1 cup chopped raisins
1 egg
1/2 cup Grandma's Molasses
1/2 cup sugar
1 level teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 cup chopped nuts

Scald milk, pour over bread cut in slices. When cool, add chopped raisins, beaten egg mixed with molasses, sugar, spices and nuts. Steam three hours. Serve with whipped cream.

Corn Flake Pudding

4 cups corn flakes
4 cups milk
2/3 cup Grandma's Molasses
1 level teaspoon salt
1 level teaspoon cinnamon
1 egg

Put corn flakes in buttered pudding dish, beat egg, add molasses, salt, cinnamon and milk. Pour over corn flakes. Mix well. Bake slowly 2½ hours. Nice served with cream.

Delightful Pudding

2 cups bread (broken in small pieces)
1 egg
1/2 cup Grandma's Molasses
1 cup milk
1/2 cup butter
1/4 cup pastry flour
1/2 teaspoon each of soda, cinnamon, nutmeg, cloves and salt

Mix bread, egg, molasses, milk and melted butter. Sift flour and spices and add to first mixture. Steam 2 hours. Serve with foamy sauce.

Graham Pudding

1 egg
1/4 cup butter
1 cup raisins
1 level teaspoon soda
1 level teaspoon salt
3/4 cup Grandma's Molasses
1/2 cup sour milk
2 cups graham flour
1/2 teaspoon each, cinnamon and nutmeg

Melt butter, add molasses, dissolve soda in sour milk, egg well beaten, dry ingredients mixed with raisins. Turn into buttered mould, cover and steam two hours.

Mock Indian Pudding

2 cups stale bread crumbs (graham, entire wheat, or half graham and half corn bread)
1 quart milk
2 eggs
1/3 cup Grandma's Molasses
1/2 cup light brown sugar
1 level teaspoon cinnamon
1/2 teaspoon ginger
1/8 teaspoon mace

Place crumbs and two cups milk in double boiler. Let stand one hour. Scald milk and crumbs and add to well beaten eggs, beating constantly. Mix sugar, molasses

and spices and two cups milk; add to first mixture. Bake in slow oven until firm, about 1½ hours. Serve warm, with plain or whipped cream or garnished with generous spoonfuls of currant, quince or apple jelly.

New England Indian Pudding

4 cups milk
1/2 cup Indian meal
2/3 cup Grandma's Molasses
1/2 teaspoon salt
2 cups cold milk

Scald milk, add Indian meal slowly, stirring constantly until thick, then add molasses and salt. Remove from fire, put in buttered baking dish, add two cups cold milk. Bake in moderate oven three hours. Serve warm with hard sauce, plain cream or vanilla ice cream.

Variations — ½ teaspoon of cinnamon and ginger may be added if a spicy pudding is desired. One cup of figs cut in tiny strips may be added before baking.

Tapioca Indian Pudding

1 quart milk
1 egg
1 tablespoon butter
1/2 teaspoon salt
1/2 cup Grandma's Molasses
1/2 cup sugar
3 tablespoons pearl tapioca
1 tablespoon Indian meal
1/2 teaspoon cinnamon

Soak tapioca in cold water until soft. Scald milk, stir in Indian meal wet with cold water to make a thin paste. Cook five minutes, then add tapioca, butter, well beaten egg, salt, sugar, and molasses. Pour into buttered dish. Bake slowly two hours.

Plum Duff

1/4 cup butter
1/2 cup Grandma's Molasses
3/4 cup milk
1 7/8 cups pastry flour
1/2 teaspoon cinnamon
1/4 teaspoon each of cloves, mace, allspice
1/2 teaspoon salt
1 level teaspoon soda
1/2 cup raisins

Cream butter, add molasses, and milk. Sift flour and spices and add to the first mixture, then raisins. Steam three hours and serve with hard sauce.

Rice Pudding

1/2 cup rice
2 eggs
1 level teaspoon cinnamon
4 cups milk
1/3 cup Grandma's Molasses
1/2 teaspoon salt
1 tablespoon butter

Salt and cook rice in double boiler. Put in baking dish, add eggs, cinnamon, and molasses. Stir in milk gradually. Put butter cut in small pieces on top and bake ¾ hour in slow oven.

Suet Pudding

1 cup suet, chopped fine
1 cup Grandma's Molasses
1 level teaspoon soda
1 cup raisins
1/2 cup currants
1 cup hot water
1 level teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon salt
3 cups bread flour

Mix and sift dry ingredients, add molasses and milk to suet. Combine mixtures. Turn into buttered mould, cover and steam three hours.

Thanksgiving Pudding

1 cup Grandma's Molasses
1 cup chopped suet
1 cup sour milk or buttermilk
4 cups bread flour
1 level teaspoon soda
1 level teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon salt
1 cup chopped raisins
1 cup chopped figs
1 cup nuts

Mix and sift dry ingredients. Add molasses and milk to suet. Combine mixtures, add fruits and nuts. Turn into buttered moulds, cover and steam four hours.

Thanksgiving Fruit Pudding
(Eggless)

1 cup Grandma's Molasses
1/2 cup melted butter
1 cup sour milk with 1 teaspoon soda stirred in it
3 cups bread flour
1/2 teaspoon cloves
1 teaspoon cinnamon
1/2 teaspoon nutmeg sifted in flour
1/2 cup chopped walnuts
1 cup raisins and citron chopped (if desired)

Stir together in order given. Flour the nuts and fruit in a little of the flour, and stir in last. Beat well. Pour into a well oiled pudding mould, cover closely, set in large kettle one-half full of boiling water. Cover and steam for three hours. Serve with butter-and-sugar sauce or whipped cream.

Nut Pudding

2 1/2 cups flour
1 teaspoon soda
1 teaspoon salt
1/4 teaspoon grated nutmeg
1/4 pound chopped figs
1 cup seedless raisins
1/2 pound English walnuts, chopped
1 cup chopped suet
1 cup Grandma's Molasses
1 cup sweet milk

Mix dry ingredients, then mix fruits, nuts and suet with molasses. Add flour mixture and milk alternately. Place oiled moulds ⅔ full and steam 2½ hours.

Corn Meal and Fig Pudding

1 cup corn meal
4 cups milk and water
cook 20 minutes in a double boiler. Cool, add
2 egg yolks
1 cup chopped figs
1 teaspoon salt
1 cup Grandma's Molasses
2 cups milk
2 egg whites

Mix and bake for 3 hours or cook in fireless cooker 6 hours, Other fruits may be substituted.

Swedish Honeycomb Pudding

1 cup flour
1 cup Grandma's Molasses
1/2 cup butter
1/2 cup sugar
1/2 cup milk
4 eggs
1 teaspoon soda

Beat the flour, sugar and molasses together. Melt butter in warm milk and add soda, then mix all the ingredients and add the eggs, beaten to a stiff froth. Bake ¾ hour. Serve with a liquid sauce.

Apple Blanc-Mange

1 pint milk
2 tablespoons Grandma's Molasses
1/4 teaspoon salt
1 lemon rind
2 tablespoons cornstarch
1/2 to 1 cup apple sauce

Heat milk, molasses, salt and lemon rind to scalding, add cornstarch dissolved in a little cold milk and cook 10 minutes. Remove lemon rind and add the mixture to apple sauce, stirring well together. Place in molds and chill. Serve with cream.

Apple Jell

8 apples
1/2 lemon
1 cup sugar
1/2 cup Grandma's Molasses
1 1/2 tablespoons gelatine
1/2 cup blanched almonds
1 tablespoon ginger

Pare and core the apples and rub lemon over them. Heat the sugar, molasses and water to boiling and cook the apples in it a few minutes, a few at a time until they are tender. Place in a cooking dish and press in the almonds, sprinkle with sugar and brown in a hot oven. Soften the gelatine in cold water and dissolve with the boiling syrup that remains. Squeeze out any remaining juice in the lemon, and pour with the syrup around the apples. Cool until the gelatine stiffens and serve cold.

Molasses Cream

1/2 cup rice
1/4 cup Grandma's Molasses (or part sugar)
1 cup crushed pineapple
3/4 cup heavy cream

Cook rice in boiling, salted water. Drain and pour cold water over to separate the kernels. Cool, add molasses and pineapple. Let stand in a cold place for an hour. Fold in cream which has been beaten until stiff and serve very cold.

Scalloped Apples

5 apples pared and cored
1/4 cup Grandma's Molasses
1/2 cup sugar
2 tablespoons butter
2 eggs
1 teaspoon cinnamon
1/2 teaspoon salt
2 cups fine bread crumbs

Boil the apples to a pulp, adding sugar and molasses. Stir the butter, beaten eggs, cinnamon, and salt into the apple sauce. Grease a baking dish and put in one layer of crumbs, then a layer of apple pulp, and so on until all the apple is used. Cover the top with crumbs and bake in a moderate oven. Serve with cream sauce.

Stewed Prunes

Place washed prunes in a saucepan, cover with cold water, and soak 2 hours, then cook until soft in same water. When nearly cooked add Grandma's Molasses for sweetening. Many also prefer small quantities of lemon juice.

Stewed Figs

1 pound figs
1/2 cup Grandma's Molasses
water

Wash pulled figs and soak 6 to 12 hours in water to cover. Add molasses and cook slowly 2 to 3 hours or until very tender. Serve cold with cream if desired.

Apricots and Rice

2/3 cup rice
2 quarts boiling water
2 teaspoons salt
1 cup dried apricots
1/2 cup Grandma's Molasses
1/2 cup apricot liquor

Boil rice 20 minutes in salted water, drain, and rinse with cold water. Pack in large mold lined with waxed paper and let stand several hours. Soak apricots over night in cold water just to cover. Cook molasses and juice from apricots until quite thick. Add the fruit and cook soft. Arrange the fruit around the rice and pour over the syrup with whipped cream.

Frozen Rice

1 tablespoon gelatine
1 cup milk
2 cups boiled rice
1/2 teaspoon salt
1/2 cup Grandma's Molasses
1/2 cup sugar
1 cup cream
1 cup finely chopped walnut meats
1 teaspoon vanilla

Soften the gelatine in milk and dissolve over hot water, then add rice, salt, molasses and sugar. When cold fold in whipped cream, nuts and flavoring. Pack in ice and salt for 2 or 3 hours.

Caramel Ice Cream

1 cup cream
1 quart milk
1/2 cup Grandma's Molasses
1/4 cup sugar caramelized
1 tablespoon flour
vanilla

Cook all ingredients, except flavoring, 10 minutes. Cool, flavor and freeze.
To caramelize sugar, heat without water until golden brown. Stir to prevent burning.

Rhubarb Sherbet

2 pounds rhubarb
1 1/4 cups sugar
1 1/4 cups Grandma's Molasses
1 cup water
2 tablespoons preserved ginger
1 teaspoon granulated gelatine
2 tablespoons lemon juice

Cut rhubarb in small pieces, add water, sugar, molasses and ginger. Cook until soft, add gelatine softened in cold water, and strain. Cool, add lemon juice and freeze.

Milk Sherbet

1/2 cup lemon juice
1 cup Grandma's Molasses
1 cup sugar
2 tablespoons ground ginger
1 quart milk

Mix lemon juice, sugar, molasses and add milk, stirring constantly. Freeze.

Ginger Mousse

2 egg yolks
1 cup Grandma's Molasses (hot)
1 pint cream
1 teaspoon cinnamon
2 tablespoons ground preserved ginger

Beat egg yolks and pour molasses over them, stirring all the time. Cook the mixture in a double boiler until thickened, and cool. Whip and fold into the mixture. Turn into a mold and pack in ice and salt for three hours.

Sauces, Pies and Pastry

Molasses Sauce No. 1

1 cup Grandma's Molasses
1 tablespoon butter
1/4 cup vinegar or cider

Boil molasses until it thickens a little, add the vinegar and boil up again. Stir in the butter and serve warm on apple dumplings or boiled rice.

Molasses Sauce No. 2

1 cup sugar
1/2 cup Grandma's Molasses
2 tablespoons vinegar
2 tablespoons butter
1 teaspoon lemon juice
dash cinnamon
1 egg yolk

Cook sugar, molasses, vinegar and butter 5 minutes. Stir in the beaten egg yolk, flavor and serve.

Liquid Sauce

1 tablespoon oleo or butter
1 cup hot water
1 tablespoon flour
1 1/2 tablespoons Grandma's Molasses
1/2 teaspoon salt
1/2 teaspoon sugar
grated nutmeg

Mix and cook. Boil thoroughly and add nutmeg before serving.

Foamy Sauce

1 egg
1/2 cup powdered sugar
1/2 teaspoon vanilla
1/2 cup whipped cream or
1 1/2 tablespoons milk

Beat egg white until stiff, beat in gradually the powdered sugar. When smooth and light add vanilla and well beaten yolk, then stir in cream or milk.

Hard Sauce

1/3 cup butter
1 cup powdered sugar
1/2 teaspoon vanilla

Cream the butter, add sugar gradually and flavoring.

Lemon Sauce

1/2 cup sugar
1 level tablespoon cornstarch
1 1/4 cups boiling water
1 teaspoon lemon
1 tablespoon butter

Mix sugar with cornstarch, add boiling water and boil ten minutes, stirring constantly. Add lemon and butter.

Molasses Sauce

1/2 cup Grandma's Molasses
1/2 cup sugar
1/2 cup water
1 1/2 tablespoons lemon juice or vinegar
1/4 teaspoon nutmeg
1/8 teaspoon salt
2 tablespoons butter

Put all ingredients in saucepan, stir until sugar is dissolved, boil ten minutes. This recipe is good with Apple Pudding and Plum Duff.

Sterling Sauce

1/2 cup butter
1 cup brown sugar
4 tablespoons cream
1 teaspoon vanilla

Cream the butter, add sugar gradually and continue creaming, add cream gradually and vanilla.

Pies and Pastry

Less ingredients are required for this group, but greater skill. Use the least possible amount of water. Work in the shortening with the fingers or a knife. Mix in the water thoroughly, but handle the paste as little as possible. Never knead. Roll very lightly.

Unfilled crusts should be pricked with a fork when baking. Temperature 400–450°F. Filled crusts are more difficult. Start with a hot oven to stiffen the crust, then cook slowly so as not to burn or overdo the filling.

Brushing the under crust with white of egg will prevent it from absorbing the filling and becoming soggy.

A funnel of stiff paper through the top of the upper crust will prevent the loss of juice from berry pies.

Sugar is a most effective energy food, easily digested, and active in assisting the assimilation of other food substances. Natural

sugars are much more beneficial than the purified products. For this reason molasses, honey, and maple sugar should be a part of every complete diet.

Plain Pastry

2 cups pastry flour
1/2 teaspoon salt
2 level teaspoons baking powder
1/2 cup shortening
cold water

Sift together, flour, salt and baking powder, add shortening and rub in with a fork. Add cold water very slowly, only enough to hold dough together using knife to mix. Divide in half, roll out one-half on floured board and use as bottom crust. After pie is filled roll out other half for top. Cover pie, press edges together, trim off pastry and bake.

Rich Pastry

2 cups pastry flour
1/2 teaspoon baking powder
1/2 teaspoon salt
2/3 cup shortening
cold water

Sift flour, baking powder and salt, rub in one-half shortening, using fork to mix. Add water slowly, only enough to hold dough together, using knife to mix. Divide in half, roll one part thin, put on in small pieces one half of remaining shortening, fold edges of crust toward center, roll again and use as bottom crust. Repeat with remaining dough and shortening for top crust.

Molasses Apple Pie

5 apples or 1 quart sliced apples
4 level tablespoons sugar
4 tablespoons Grandma's Molasses
1/4 teaspoon cinnamon or nutmeg
1/4 teaspoon salt
1 tablespoon butter

Line bottom of plate with pastry, fill with apples. Mix sugar, molasses, cinnamon and salt and pour over apples, add butter cut in small pieces. Wet edges of under crust with cold water and put on top crust. Bake in moderate oven.

Mince Rhubarb Pie

1 cup rhubarb chopped fine
1/2 cup sugar
1/2 cup Grandma's Molasses
1/2 cup water
1/2 cup chopped raisins
2 common crackers, rolled fine
1 egg, beaten
1 level teaspoon each of cinnamon, nutmeg, salt
1 tablespoon butter, melted

Mix in order given, bake between two crusts in moderate oven. This is enough for two pies.

Mock Mince Pie

4 common crackers, rolled
1 cup sugar
1 cup Grandma's Molasses
1/3 cup lemon juice or vinegar
1 cup chopped raisins
1/2 cup butter
2 well beaten eggs
1/4 teaspoon each, cinnamon and nutmeg

Mix ingredients in order given. Bake between two crusts. This amount makes two pies.

Molasses Pie

2 eggs
1 cup sugar
1/2 cup Grandma's Molasses
1/2 teaspoon nutmeg
1 tablespoon butter
2 tablespoons bread crumbs
3/4 cup milk
1/4 cup vinegar

Beat eggs and rest of ingredients in order given. Turn into a partially baked pie-crust shell and bake in moderate oven until firm.

Mince Pie Meat

2 pounds lean beaf
1 pound suet
Baldwin apples
2 cups brown sugar
1 cup Grandma's Molasses
4 cups cider, sweet or sour
2 cups boiled cider
2 cups liquor in which meat was cooked
1 level tablespoon each of cinnamon, allspice, nutmeg and salt
1/2 tablespoon cloves
1 level teaspoon pepper
2 pounds raisins
2 pounds currants

Cover meat and suet with boiling water and cook until tender. Cool in water in

which they were cooked The suet will rise to top forming a cake of fat which may be easily removed. Finally chop meat and add to it twice the amount of finely chopped apples. The apples should be quartered, cored and pared previous to chopping. Add sugar, molasses, cider, raisins and currants. Also suet and stock in which meat was cooked. Heat gradually, stirring occasionally and cook slowly two hours. Then add spices. If richer pies are desired, jelly or candied fruit may be added. When hot, put in jars and seal as for any fruit.

Green Tomato Mince

6 cups chopped green tomatoes
6 cups chopped sour apples
4 cups brown sugar
2 cups Grandma's Molasses
1/2 cup butter
1/2 cup vinegar
1 level tablespoon salt
1 level teaspoon each of nutmeg, cloves, allspice and cinnamon

Chop tomatoes fine, drain off the juice and measure six cups. Add apples and rest of ingredients except spices. Cook slowly three hours. When nearly done add spices. Raisins may be added when making pies.

Colonial Pumpkin Pie

4 cups strained pumpkin
4 cups milk
2 eggs
1 1/2 teaspoons salt
1 teaspoon ginger
1/2 cup Grandma's Molasses
1/2 cup sugar

Combine ingredients for pastry filling. Pour into pastry-lined pie plates and bake in moderately hot oven until firm.

Treacle Tarts

3 tablespoons sugar
2 teaspoons flour
pinch each of nutmeg and cinnamon
2/3 cup Grandma's Molasses
1 tablespoon lemon juice
1 egg yolk and white beaten separately

Mix in order given, folding in the egg white at the last. Bake in tiny cake pans (ours were 1⅞ in. in diameter) lined with pastry. Fill pans two-thirds full of mixture. The edge of the pastry should be built up a little. Set in oven 450° F. for 10 minutes. Reduce heat to 350° F. and bake 20 minutes more. To make the pastry shells uniform, cut rounds of rolled-out pie dough with a cookie cutter.

For pastry, use

1 1/2 cups flour
9 tablespoons shortening
3/4 teaspoon salt

Water enough to make a dough that barely sticks together. This recipe makes three dozen tiny tarts.

Confections

Confections should have a place in every diet, as they are very high in energy value. Natural sugars (such as molasses, maple sugar, or honey), employed in their preparation introduce all the substances necessary for health. The flavors are delicate and pleasing. Fruits and nuts add to the flavor and actual food value. To prevent the graining of candies like fudge and fondant, which should be creamy in texture, the syrup should be cooled until lukewarm before being beaten.

Butter Taffy

2 cups brown sugar
1/4 cup Grandma's Molasses
2 tablespoons vinegar
2 tablespoons water
1/2 teaspoon salt
4 tablespoons butter
1 teaspoon vanilla

Boil first five ingredients until brittle when tried in cold water. Add butter, remove from fire and add vanilla. Cool and mark in squares.

Chocolate Caramels

1 cup Grandma's Molasses
1/2 cup brown sugar
1/2 cup cream or milk
2 squares unsweetened chocolate
2 tablespoons butter
1/2 teaspoon vanilla

Put all ingredients into saucepan, cook slowly until candy forms firm ball when tried in cold water. Add vanilla and pour into greased pans. When nearly cold cut into small squares. One-half cup chopped nuts may be added.

Confections

Hard Molasses Candy

2 cups Grandma's Molasses
1 cup brown sugar
3 tablespoons butter
1 tablespoon vinegar

Mix molasses, sugar and butter. Cook slowly until sugar is dissolved. Boil until it forms a hard ball when tried in cold water. Add vinegar and continue cooking until mixture will become brittle. Pour into buttered pan and mark into squares when warm.

Molasses Cocoanut Kisses

1 cup sugar
1 cup Grandma's Molasses
1/2 cup water

Cook in a sucepan until candy will form a soft ball when tested in cold water. Take from fire, add sufficient shredded cocoanut to make a fairly stiff mixture. With a teaspoon dip out the candy, dropping on a greased platter. Use a fork to push the kisses from the spoon.

Molasses Fudge

2 cups sugar
3/4 cup Grandma's Molasses
1 cup milk or 1/2 cup evaporated milk
1/2 cup water
[redacted] tablespoons butter
1/2 cup cocoanut or nut meats

Mix sugar, molasses, milk and water and butter. Cook slowly, stirring until sugar is dissolved. Cook candy until it will form a soft ball when tried in cold water. Remove from fire, add butter when melted, beat until creamy, add cocoanut or nut meats and turn into buttered pan. When firm, mark into squares.

Chocolate Molasses Fudge

2 cups sugar
1/4 cup Grandma's Molasses
1 cup milk
2 squares chocolate
1 tablespoon butter
1 teaspoon vanilla

Mix sugar, molasses, milk, chocolate and butter in a deep kettle. Stir until sugar is dissolved and cook until candy will form soft ball when tried in cold water. Remove from fire, add vanilla and beat until creamy. Pour into a buttered pan. When cool, mark in squares.

Cocoanut Drops

2 cups brown sugar
1/2 cup butter
1/4 cup Grandma's Molasses
2 tablespoons water
2 tablespoons vinegar
1 cup cocoanut

Boil brown sugar, butter, molasses, water and vinegar until a soft ball is formed when tried in cold water. Add cocoanut and beat until it begins to sugar. Drop on buttered tins.

Molasses Kisses

1 cup Grandma's Molasses
1 cup sugar
2 tablespoons vinegar
2 tablespoons butter
1 teaspoon vanilla

Cook molasses, sugar, vinegar and butter until it forms a firm ball when tested in cold water. Remove from fire, add vanilla and stir well. Pour on well greased platter or marble, fold in edges and as soon as cool enough to handle, pull until light colored. Cut into pieces and wrap in waxed paper. One cup walnut meats may be added after vanilla. Lemon or mint flavor may be used instead of vanilla.

Molasses Peanut Candy

1 cup Grandma's Molasses
1 cup sugar
1 tablespoon vinegar
2 tablespoons butter
1 level teaspoon soda
1/2 teaspoon salt
1 cup peanuts

Boil molasses, sugar, vinegar, and butter until candy will crack when tested in cold water, then stir in soda, salt and peanuts. Pour quickly into a long pan and cool.

Pop-Corn Balls

1 cup Grandma's Molasses
1 tablespoon vinegar
4 quarts popped corn

Cook molasses and vinegar until brittle when tried in cold water. Pour over large puffy grains of popped corn. When cool enough to handle, butter hands and shape into balls or flat round cakes.

Use only Grandma's Molasses for Best Results

Confections, Conserves, Jams, etc.

Scotch Lassies

1 cup sugar
1/2 cup Grandma's Molasses
1/2 cup water
2 tablespoons butter
1/2 teaspoon salt

Cook sugar, molasses and water in rather large kettle, until a hard ball is formed when tried in cold water. Add butter and salt and cook until candy is brittle when tested in cold water. Remove from fire, drop from tip of spoon on to a well greased shallow pan. Slip from pan as soon as cool to prevent sticking. If candy cools too quickly before Lassies are made, reheat remaining portion and proceed as before.

Nut Butterscotch

1/2 cup Grandma's Molasses
2 cups sugar
1/4 cup butter
2 tablespoons vinegar
1/4 cup boiling water
pinch salt
1 1/4 cups coarsely broken nut meats

Boil all the ingredients excepting the nuts to the "crack" stage; that is, until a little when dropped into cold water snaps. Pour over nuts, which have been placed in buttered pan. Mark into squares at once and break into pieces when the candy becomes cool.

Ginger Fudge

1/2 teaspoon butter
1 cup milk
1 3/4 cups sugar
1/4 cup Grandma's Molasses
1/4 cup crystallized ginger
1/2 cup shredded cocoanut

Put the butter, milk, sugar and molasses into a saucepan, cook until soft balls form when dropped in cold water. Remove from fire and set in cold water and beat when cooled until creamy. Add ginger and cocoanut and pour into buttered pan. Cut into squares.

Grandma's Peanut Pop-Corn Balls

2 quarts freshly popped corn
2 cups roasted peanuts
2 cups Grandma's Molasses
2 tablespoons vinegar
1 teaspoon salt

Heat molasses, vinegar and salt until the mixture hardens when a little is dropped in cold water. Pour while hot over popped corn and peanuts and mix well. When cool enough to handle, butter hands and shape into balls.

Alabama Butterscotch

2 cups Grandma's Molasses
1 cup sugar
3/4 cup butter
1/2 teaspoon almond extract

Cook molasses, sugar and butter, stirring constantly until mixture snaps in cold water. Add extract. Pour in buttered tin, mark in squares and when cold, complete cutting.

Conserves, Jams, Preserves and Pickles

The high sugar content of this group gives these relishes definite food value. Their pleasing flavor and attractive appearance materially aid digestion.

Conserves and jams should be poured while boiling hot into hot sterilized jars or glasses, and as soon as cold covered with hot paraffin. The use of Grandma's Molasses in this group offers a new and pleasing variety for the table.

Apples and Ginger

Scald and scrape 4 ounces of fresh ginger root, cut in thin slices, and put 1 ounce of it to soak in boiling water with 1½ cups of sugar, and 2 cups of Grandma's Molasses. Quarter and core 3 pounds of firm, spicy apples, and put them in an earthen jar in layers with the sugar and molasses and 3 ounces of sliced ginger root. Let stand for 3 days and let the ginger in the boiling water stand 3 days. Then drain the apples and strain the syrup which comes from them and the infusion of the ginger, and place both over the fire to boil. When it boils add the apples and simmer until they look clear, but do not cook until they break. When done take up on a deep dish, strain the syrup over them, and cool before using.

Pickles, Jams and Conserves

Sweet Pickles

Select 4 or 5 vegetable marrows, pare, halve and remove the seeds. Cut them in 8 or 10 pieces each, put in a preserving kettle and cover with water. Boil until tender and remove and drain. Make a syrup of 2 quarts of vinegar, 1½ pounds of brown sugar, and 2 cups of Grandma's Molasses, 2 ounces of cloves and 2 ounces of stick cinnamon, 2 thinly sliced lemons, with seeds removed, and half a vanilla bean. Boil the syrup for 10 minutes, then add the marrow, and cook 10 minutes, skimming carefully. If the syrup is not thick enough remove the marrow and boil down further, then pour it over the marrow in a crock. When cold cover and set away.

Spanish Pickle

Select, wash and cut the stem end from 50 ripe, firm tomatoes, wash and remove the seeds from 12 green peppers, pare 25 red onions, break apart and wash one bunch of celery (large) then chop all fine. Add 1½ pounds of brown sugar and 2 cups Grandma's Molasses, 4 quarts of vinegar, 1 tablespoon each of allspice, cloves, cinnamon and mace, 2 tablespoons salt and ½ teaspoon cayenne pepper and 1 bud of garlic chopped fine, with 6 shallots and the leaves from 6 stalks of tarragon. Boil for two hours, stirring carefully, for toward the last it catches easily. If not quite thick enough, boil another ½ hour; if too thick add a small quantity of vinegar and boil at least 5 minutes after it has been added. When cold set away in a crock or glass jars. Excellent when served with cold meats.

Oriental Conserve

1 cup dried apricots
4 1/2 cups cold water
2 cups chopped dates
1 lemon and grated rind
1/2 cup sugar
1/2 cup Grandma's Molasses
1/2 cup chopped English walnuts

Cover apricots with 2 cups of cold water, soak overnight and cook until soft, adding more water if necessary. Cook dates with the rest of the water until soft. Add apricots, lemon, sugar and molasses and cook slowly until thick. Add nuts.

Prune Conserve

3 cups cooked prunes (stoned)
1 cup seeded rasins
2 oranges, juice, pulp and grated rind
1 1/2 cups sugar 1 1/2 cups water
1/2 cup Grandma's Molasses

Chop prunes and raisins, add remaining ingredients and cook until thick.

Ginger Pear Jam

2 1/2 cups canned pears
1/2 cup crystallized ginger
2 lemons and grated rind
1 cup sugar 1/2 cup pectin
1/2 cup Grandma's Molasses

Chop pears, add finely cut ginger, juice and grated rind of lemon and sugar and molasses. Cook slowly for 10 minutes. Add pectin and boil rapidly 5 minutes.

Molasses Preserved Plums

Cut plums in half and stone. Crack the stones and remove the meats and break in pieces. Boil the plums and meats together, very slowly for 15 minutes in as little water as possible. Spread on a large dish to cool and strain the liquor. The next day make the syrup allowing to 3 quarts of plums, 1 pint of molasses. Cover and heat slowly 12 hours or more with occasional sitrring. Then seal in jars.

Ginger Peach Conserve

1 cup cooked dried peaches
1 cup seeded raisins
1/2 cup boiling water
1 orange, juice and grated rind
1/4 cup Grandma's Molasses
1 tablespoon preserved ginger

Chop peaches and raisins and cut ginger fine. Cook all ingredients together in a double boiler until the consistency of jam.

Fruit Conserve

3 cups canned red cherries
2 cups grated pineapple
2 oranges and grated rind
1 lemon and grated rind
2 cups sugar
1 cup Grandma's Molasses
3/4 cup walnut meats

To the canned fruits add juice and grated rind of oranges, juice of lemon, sugar and molasses. Cook until thick. Add nutmeats just before taking from stove.

Use only Grandma's Molasses for Best Results

Beverages

Soft drinks (made of fruit juice combined with different syrups) are steadily growing in popularity. When prepared from fresh fruits, their vitamine and mineral salt content is quite appreciable. The syrups or molasses used in sweetening give these beverages a definite food value and distinctive flavor.

During warm weather a pleasant iced drink produces decidedly refreshing results. The following beverages can be easily and inexpensively made at home.

Pineapple Pilot

1 ripe grated fresh pineapple
1/2 cup sugar
1/2 cup Grandma's Molasses
2 lemons and peel
1 bottle ginger ale
or ordinary water
1 pint Apollinaris water

Mix and let stand on ice. When ready to serve add the juice of 2 lemons and the grated yellow of the peels, also a bottle of ginger ale and a pint of Apollinaris water.

Ginger Crush

1 tablespoon crushed ginger root
1/2 cup sugar
1/2 cup Grandma's Molasses
1/2 cup lemon juice and grated rind
1 quart water

Boil ginger root in water 20 minutes, add sugar, molasses, cool and add lemon juice and rind, chill and strain. 1 tablespoon of grated pineapple may be added to each serving.

Ginger Punch

1 quart of water
1/2 cup sugar
1/2 cup Grandma's Molasses
1/2 cup chopped preserved ginger
1/2 cup lemon juice and yellow of peel
1/2 cup orange juice and yellow of peel
1/2 cup pineapple juice

Boil water, sugar, molasses and ginger slowly for 15 minutes. Add fruit juices and chill. Tiny pieces of orange and pineapple may also be added. Dilute as desired.

Rhubarb Punch

3 pounds rhubarb
1 quart of water
1 1/2 cups sugar
1 cup Grandma's Molasses
1 1/2 cups orange juice and yellow of peel
1 cup lemon juice and yellow of peel
3/4 cup shredded pineapple
3 quarts of iced water

Cut rhubarb into small pieces and cook in water until tender (25 minutes) and strain. There should be 2 quarts of juice. Add sugar and molasses while the juice is hot, and stir until dissolved. Add fruit juices and when cooled add the iced water. Serve with half slices of lemon and orange. Serves 50.

Simple Ginger Beverage

1 tablespoon ginger
1 tablespoon cream of tartar
1 pint of Grandma's Molasses
4 quarts of Vichy water
2 quarts of ginger ale

Let stand on ice to cool and blend.
Serve cold.
Ordinary water with juice of lemon, grated yellow of peel and 2 teaspoons of soda equivalent to Vichy water.

Pumpkin Punch for Thanksgiving

Boil and strain one small pumpkin, add 1 pint of sugar and 1 pint of molasses, grating of nutmeg, juice and yellow of rind of 3 lemons and 3 oranges. Let stand 3 hours, strain, add 2½ quarts of Vichy. Serve in a hollow pumpkin shell pointed at the top.

Plum Vinegar

1 quart of plums
1 1/2 cups Grandma's Molasses
1/2 gallon water

Cook two hours, cool and strain. Add juice and yellow of peel of 4 lemons and serve cold.

Meat and Vegetable

Vegetable Cookery

One of the most delicious recipes in use by French housewives is for carrots cooked with a sugar syrup. Molasses as we know it in this country is not widely known in France, but this same recipe using molasses in place of the sugar syrup makes a dish of carrots the family will like and ask for many times.

Select medium sized carrots, about three or four for each person to be served. Scrape, boil until tender, drain and mash. To 1½ cups of mashed carrot add ¼ cup milk, 2 tablespoons flour, 1 tablespoon Grandma's Old-Fashioned Molasses, and the beaten yolks of 2 eggs. Mix thoroughly and heat until well thickened. Add the whites of the eggs beaten stiffly. Place the mixture in a buttered baking dish and bake in a slow oven for about twenty-five or thirty minutes. Serve hot from the casserole.

This is an excellent dish to be baked in a glass casserole, and brought to the table with a roast or with chicken or turkey. When cold, any left over (if there is!) rolled into tiny finger croquettes, fried quickly in deep hot fat, are superb with cold left-over meat.

Glazed Onions

Another French recipe, for glazed onions also calls for molasses. Peel 6 medium sized onions. Butter the bottom of a saucepan and lay the onions in it side by side, add ⅓ cup of water, ⅓ cup molasses, 2 tablespoons of butter and sprinkle with salt and pepper. Cover the onions with a piece of white buttered paper (or vegetable parchment paper) before putting on the lid and cook slowly until the onions are tender and the liquor reduced to a glaze. Serve with boiled or roasted meat or fowl.

Tomatoes Sucrées

The French are also fond of sweetened tomatoes, which are however nothing like the old-fashioned sugared tomatoes made by many American housekeepers.

To make them the French way, select 6 large red tomatoes, remove the stem ends and the center core of seeds, as you would core an apple. Place in a casserole, and pour around them just barely enough water to cover the bottom; usually two tablespoons will be sufficient. First mix this water with a teaspoon of mola ses. In the cavity of each tomato place a teaspoon of molasses. Cover and let the tomatoes cook in a slow oven for 10 minutes. Remove the cover, place one teaspoon of butter in each tomato and continue cooking uncovered until the vegetables are tender and browned. This dish is particularly good with broiled ham, or any other salty, smoked meat.

Sugared Turnips

The turnips in a sweetened sauce are usually served with duck, but many Americans have found this dish delicious with pork and other roasts.

Peel 6 medium sized turnips, cook them until about half done in boiling water and drain. Put them into a saucepan with 2 tablespoons of butter, pour a spoonful or two of molasses thinned with water over them and cook until browned all over. Add one cup of strong stock, salt, pepper, a stalk of parsley and one of thyme if your kitchen bouquet contains that. Cook uncovered until the stock is reduced to half its original volume. Then serve.

Glazed Turnips

Peel 8 turnips, parboil them for 5 minutes and drain. Butter the bottom of a saucepan and lay in the turnips side by side. Add one cup of stock, a little salt, one teaspoon of molasses and a blade of mace. Heat until the stock boils, then cover with a piece of thick white buttered paper, placed under the lid of the saucepan to hold in the steam. (Or use the vegetable parchment paper for this cookery.) Cook in a very gentle oven over a low fire until the turnips are tender. Uncover the dish and let the sauce reduce to a glaze.

Duck with Oranges

Cook a young roasting duck in a covered casserole with ¼ cup of butter and one or two small onions, two tablespoons of water, until it is perfectly tender and thoroughly well browned, probably about three-quarters of an hour. The cooking is started with the

casserole covered but the last ten minutes the cover is off, to allow the browning.
Strain the gravy, add 1 tablespoon of Grandma's molasses, and the quarters or eighths of 2 oranges, from which all the yellow and white rind has been removed. Heat, pour back over the duck, which has been carved, make hot for another minute or two in the hot oven and serve from the casserole.

Sweet Sandwiches

A delicious sweet sandwich for tea or for the children's lunch box is made by cutting rounds from thin slices of white bread (these rounds may be cut with a cookie cutter). Spread first with softened butter, then with cream cheese, sprinkle with chopped nuts, and cover with another round of bread which is spread with butter, cream cheese, and Grandma's molasses.
In place of the nuts use finely chopped dates, or figs, or any candied fruit. The combination of flavors of cream cheese and the molasses is exceptionally good.

European Cabbage Soup

Use veal stock which has been cooked with vegetables, a few allspice and seasonings. Cut cabbage as for cold slaw, put into the stock and cook until tender. Then mix a tablespoon of Grandma's molasses, the same amount of butter and blend together thinning with a very little boiling water. Stir into the soup, stirring together well over the fire. Very small meat balls (lamb, veal or chicken), are sometimes added, to make a generous one-dish supper.

Black Bean Soup, Mexican Style

One quart of black beans soaked overnight. Cover well with water when ready to cook. Add a ham bone and two small onions. Let simmer slowly until the beans are soft, mash through a fine strainer. If too thick, thin down with hot water. Mix one tablespoon of flour with half a cup of hot water, add to the strained bean stock, then add three tablespoons of butter mixed with one of Grandma's molasses. Season with salt and pepper. Serve with thin slices of lemon. This makes enough for eight plates.

Cabbage Soufflé with Beans and Carrots

Cut a half head of cabbage very fine and boil in salted water until tender. Then season with salt, pepper, butter and a little cream. Beat the whites of six eggs stiffly and mix the cabbage in it and place in a buttered pan, set this in a pan of hot water and bake in moderate oven until firm. Have string beans cooked and seasoned to taste, either buttered or creamed. Prepare carrots according to *the next recipe*, and arrange beans and carrots around the mould of cooked cabbage; these should be served on a large platter, as a vegetable dinner or supper. With a bouillon before, a simple dessert and a beverage.

Sautéed Young Carrots

Use small carrots. Boil them in salted water but do not cook them until they are too tender. Cut lengthwise, sauté in a half-cup of melted butter and two tablespoons of Grandma's Molasses. When lightly browned all over, they are ready to serve.

Cabbage Orientale

Parboil one small head of cabbage whole. Have a small piece of beef, not more than a half-pound, put through the grinder with a pork or lamb chop. Grind twice, then mix with a cup of cooked rice, salt, pepper, a little nutmeg and chopped parsley.
Separate the large cabbage leaves, and roll each up filled with this mixture, holding together the roll with toothpicks. Lay these in a large frying pan and brown in butter on both sides. When brown put into this pan, a little salt, pepper and a tablespoon of Grandma's Molasses mixed with soup stock or a little hot water, to cover the cabbage. Let it simmer slowly for three-quarters of an hour or more, until the stock is reduced to a sauce just covering the bottom of the pan, and a little way up the sides of the rolls. Serve with this sauce, removing the toothpicks from the rolls as soon as they have been lifted to the meat platter.

Meat and Vegetable

Roast Goose Stuffed with Apples

1 goose
10 apples
2 tablespoons Grandma's Molasses
½ teaspoon salt
2 tablespoons butter
1 tablespoon bouillon or stock

Clean and pare the apples, cut into small pieces and mix with the Grandma's Molasses and salt. Stuff into a goose prepared for roasting. Tie or skewer with small skewers, put into a wide shallow saucepan, pour over some melted butter and place in the oven. Baste from time to time with its own sauce. Sometimes raisins or currants are added to the apple stuffing. When the bird is done, skim the fat off the gravy in the pan, and add a little bouillon (or bouillon cubes dissolved in hot water), boil this, strain and pour over the goose. The bird is exceptionally tender and well flavored.

Red Cabbage with Apples, Hungarian

Wash and prepare a red cabbage and put it into a pan with water enough to cover it. Add five apples, peeled and cored, three tablespoons butter, pepper, salt, and six cloves. Let the whole boil two and a half hours at moderate heat.
Remove the cabbage, drain it, and place in a hot dish; remove the cloves. Stir together one tablespoon of vinegar, one tablespoon Grandma's Molasses, one tablespoon cornstarch. Stir this into the sauce in the cooking pot, and stir while it heats. When thickened, pour over the cabbage.

Compote of Roast Pears

Select large winter pears, place them on a tin or an aluminum pan in a very hot oven as you would place whole potatoes to bake. Turn frequently so they do not burn. About a half hour's baking is sufficient. Then peel by sticking on a skewer, and holding with one hand while you rapidly strip the peeling with a little knife. Make a syrup by mixing Grandma's Molasses and water, twice as much molasses as water. Usually a cup of Grandma's Molasses to a half cup of water will make enough syrup for four or five pears. Put in the peeled pears, add tiny sections of thinly sliced lemon, two or three pieces, boil fast for five minutes, then cover the pan and continue cooking with low heat, just a simmer until the fruit is quite soft.
Do not let the pears scorch in the oven or they will be too dark in the syrup. Stick a few cloves in the finished pears, serve each in a glass dessert dish covered with some of the syrup, and garnished with a mint leaf.

Molasses Sauce for Desserts

1 cup Grandma's Molasses
2 tablespoons lemon juice
¼ teaspoon salt
1 tablespoon butter
2 to 4 tablespoons chopped nuts or stewed raisins

Mix in the order given and bring slowly to the boiling point. Boil gently 10 minutes stirring almost constantly to avoid burning. Add nuts as this is taken from the fire. Serve hot on pancakes, hot gingerbread, ice cream, meringues and other desserts. This is an excellent sauce on a meringue glacé, which is made by filling a meringue shell with ice cream, then topping with a generous spoonful of the hot sauce.
For gingerbread sometimes small stewed raisins are added to the sauce.

Baked Ham

Select ham from 12 to 13 lb., and boil slowly for 3½ hours. Take off the fat, and place cloves on top.
Mix ½ cup of vinegar, with ¾ of a cup of Grandma's Old-Fashioned Molasses. Pour this over the ham, and bake in a slow oven for ½ hour, basting continually.
To make the ham especially delicious follow the above procedure, but include a paste made of one tablespoon of peanut butter, and ½-tablespoon of Grandma's Old-Fashioned Molasses, creamed together; covering the top of the ham with this paste before you put the ham in the oven.

Meat, Cookies and Frostings

Sliced Ham Cooked with Milk and Molasses

Put one slice of ham (cut thick) in deep dish with enough milk to cover the ham, and pour over this ½ cup Grandma's Old-Fashioned Molasses. Place in oven and let simmer very slowly, with the lights in the oven turned low; keep basting continually. Should require from ¾ to 1 hour to cook, according to the thickness of the ham.

Corned Beef and Lentils

Boil 5 lbs. of Corned Beef slowly for four hours; then place the corned beef in oven, (basting continually with a mixture of ½ cup of Grandma's Old-Fashioned Molasses and ¼ cup of vinegar), baking for about ½ hour; in slow oven; basting continually. This is important.

Boil 1 lb. lentils in water for 1½ hours; take a tablespoon of butter, and a tablespoon of flour, and mix with 4 tablespoons of molasses and 2½ tablespoons of vinegar; with salt and pepper to suit. Put this combination in pan with the lentils and stir together.

Crisp Ginger Cookies

- ½ cup sugar
- ½ cup shortening (butter preferred)
- 1 teaspoon ginger
- ½ cup Grandma's molasses
- ½ teaspoon soda
- 2 tablespoons vinegar
- flour to mold

Mix sugar, molasses and vinegar. Add melted shortening. Sift soda and ginger with one cup of flour and add mixture. Add enough flour to roll very thin. Bake in a moderate oven (375 degrees F.), watching carefully, as ginger cookies burn rather easily.

Molasses Frosting No. 1

- ½ cup butter
- 1½ cups confectioner's sugar
- ½ cup Grandma's molasses

Cream together the butter and sugar. When this is done, continue the creaming while slowly adding the molasses. When all of the molasses has been added finish creaming and spread on the cake.

Molasses Frosting No. 2

- 1 cup sugar
- 1 cup Grandma's molasses
- 1 cup condensed milk
- 1 lump butter (size of egg)

Place all the ingredients into a pan and bring to a boil, stirring continuously. When the sugar is dissolved, take off the fire and stir until it forms a paste that can be easily spread over the cake. If this frosting is cooked too long the frosting will be hard.

Molasses Frosting No. 3

- 1½ cups sugar
- ¼ cup water
- ½ cup Grandma's molasses
- 1 egg white (beaten stiff)

Cook the sugar and water until a small portion will form a soft ball when chilled by dropping into cold water; then take off the fire and add the molasses cold, and stir until it begins to get creamy, then add the beaten egg white.

Use only Grandma's Molasses for Best Results

Facts about a Balanced Diet and the Place of Molasses as a Food

A BALANCED diet must first provide the materials necessary for repairing and rebuilding the different parts of the body. Second, it must furnish energy or fuel for the work of the muscles. Third, it must serve to regulate the intricate chemical changes on which health and growth depend. The greater part of the energy in the ordinary diet comes from starch, sugar, and fat, although protein supplies energy as well as building material.

Among the substances that regulate the chemical changes by which the body grows and functions are mineral salts (such as common table salt), and the important group of compounds called vitamines. Much has been discovered during the last five years about the need of these substances for health and growth. Susceptibility to various infectious diseases is caused by lack of these vitamines, as well as many deficiency diseases such as rickets, scurvy, etc., which may be immediately cured by supplying foods containing the necessary vitamines.

Food is fuel for the human engine. Foods, as compared with their food values, vary greatly in cost. Cost of diet may be kept down by using cheap sources of fuel, such as low-priced cereals and natural sugars, like molasses. This is permissible if proper quantities of other necessary foods are first supplied. If a child receives each day a quart of milk, a potato, or an orange, a green vegetable, and an ounce of butter, he can safely eat bread and molasses for dessert, or have molasses with his morning cereal. This gives, besides the fuel energy from the sugar, necessary minerals and Vitamine B.

Laboratory experiments prove that other foods digest more quickly and are more completely assimilated in the presence of molasses. Animals fed on molasses have all the well-recognized characteristics of health and perfect nutrition, as glossy fur, lustrous eyes, and abundant energy.

Sugar itself has always been recognized as a valuable energy food for those engaged in heavy muscular work. During the war it was discovered to be an efficient means of delaying fatigue. Since then it has been observed that exhaustion among athletes is accompanied by a very low blood sugar. Eating sugar under such circumstances has been proved very reviving, but any highly purified food fails to give necessary minerals and vitamines, which explains why a natural sugar product like molasses exceeds sugar in food value and provides for better health.

When taken into the stomach, all sugars are converted to fruit sugars before digestion. As a large part of the sugar in Grandma's Molasses is already in that form, it is a very easily assimilated food. Further, because of this fruit sugar content, its pleasing sweet flavor may be enjoyed without danger of overloading the system with sugar.

Molasses is somewhat laxative, and the effect of a good gingerbread as an aperient is very satisfactory. Plain molasses candy is a pleasant and wholesome way to administer it for such purposes, especially to children.

MOLASSES *on bread*

The **most healthy sweet for** *children*

Your Boy and Girl ***like it*** **for LUNCH**

Grandma's
pure-sweet
-tasty
MOLASSES

GRANDMA'S MOLASSES HAS BEEN APPROVED BY THE GOOD HOUSEKEEPING BUREAU OF FOODS SANITATION AND HEALTH, Series No. 3226, and DR. L. B. ALLYN, OF WESTFIELD, MASS.

Grandma's old fashioned

Molasses Recipes